



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, MAY 7, 2022



## 10 FACTS ABOUT THE SCIENCE OF MOTHERHOOD

What new research tells us about mummies - human and otherwise

# INTUITIVE MOVEMENT

FITNESS



**Give this routine a try if you find yourself making excuses to get out of your workouts**

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If you find yourself dreading your workout, it's a sign that you're probably not engaging in forms of movement that makes you or your body happy. As far as fitness approaches go, intuitive training — also known as auto regulatory training — is simple. You look to your body for signs on what you

should do, and how hard you should work, and when.

### WHAT IS IT?

Much like Intuitive Eating, Intuitive Movement is a radically different approach to moving our bodies compared to what diet culture may have taught us. Research says people are more likely to stick to Intuitive fitness

programmes than they would on a diet since it gives them authority, less guilt and also the scope to indulge. The philosophy behind intuitive eating is applied to intuitive movement: listen to your body's cues to figure out what kind of movement or exercise would make you and your body feel good in that moment. To get started with intuitive movement, ask yourself questions like: "What does my body need today?", "What type of movement do I feel like doing?", or "What type of exercise would

be most beneficial to my body today?". Intuitive movement is flexible, not rigid, and gives you the space to explore what feels good in your body.

### WHY THIS SHIFT?

There has been a clear move toward a more holistic kind of exercise since the beginning of

the Pandemic. People are tired of being told that the only way to work out is aggressively and solely for weight loss reasons, and are wanting instead to move in a way that benefits them mentally as well as physically.

Researchers exploring the link between obesity and mortality conclude that health professionals should "recommend physical

activity and fitness-based interventions rather than weight-loss driven approaches to reduce mortality risk." Losing pounds alone isn't a prescription for happiness. When people struggle for thinness, they can sometimes emerge unhappier, and often just see the weight come back.

## HOW TO TRAIN INTUITIVELY?

Learning to pick up on your body's cues takes practice and a willingness to notice subtle changes in mood, coordination, balance and heart rate variability. Pain, fatigue, lack of focus and low biofeedback scores, indicate you should proceed with caution and stick closer to your known limits. As your intuition and body awareness improve, so will your workouts. You will start to learn which days you can push through and days to pull back.

Have a variety of workouts at your disposal and pick and choose based on how your body's feeling. When choosing workouts or physical activities, find something

you'll enjoy and do it consistently. Participating consistently is much more important than completing the "perfect workout" every few weeks. Check in with your

body, do not exercise hard when exhausted, opt for a gentler routine. The best exercise programme should be centred around the areas of your life that you want to improve and enjoy. Bring your goals to fruition using three basic principles of strength & conditioning:

■ **Specific:** The exercises, workouts you do should reinforce your paths to completing the goal.

■ **Progressive overload:** Consistently pushing your body a little bit past its physical state, just enough to help it adapt.

■ **Progression:** Taking exercise to a new challenging level.



### LEFT IS RIGHT

Whether they are left- or right-handed, human moms tend to cradle their babies on the left side of their bodies. This left-handed bias likely has to do with the human brain's lopsided layout: sensory information on the left side of the body is processed on the right side of the brain. Now, researchers have documented this left-side bias in walrus and flying fox moms.

### SOMETHING CALLED "MOMMY BRAIN"

"Mommy brain" is the brain fog and mental bloopers associated with pregnancy and new motherhood. After an analysis of pre- and post-pregnancy brain scans published in 2016, researchers found mothers lose gray matter during pregnancy — and these losses endure for at least two years.

### BOTTLE IT UP

Bottle-feeding has been around since prehistory. Analysing ancient clay vessels from Germany, scientists recently found the residue of milk from hoofed animals and identified the vessels as primitive baby bottles, the earliest dating back more than 7,000 years.

### QUALITY OVER QUANTITY

Research published in 'Journal of Marriage and Family' helps to allay the feeling of moral guilt as it says the quantity of time parents spend with their children doesn't make much of a difference in how they turn out, particularly between ages three and 11. The quantity of parent-child time matters a bit more with teenagers.

### SMELLS LIKE FEAR

Researchers from the University of Michigan and New York University conducted a study on rats and reported that mother rats learned to fear the smell of peppermint, and "taught" this fear to their babies through the alarm odour released when they sensed a peppermint smell. In short: even before babies make their own experiences, they acquire their mothers' experiences.



For more facts turn to **Page 2** for our **MOTHER'S DAY SPECIAL**. And more than that brush up on some Mother's Day Trivia, facts, celeb quotes, fitness advice for mothers. All this and more that makes every mom a SuperMom

FASHION HISTORY

## A GALA TO END ALL GALAS

Now that the Met Gala happened last Monday, we tell you a brief background of this annual high-wattage celebration of both fashion and celebrity

### INTRODUCING THE GALA

The Met Gala is a fundraiser dedicated to New York City's Metropolitan Museum of Art's Costume Institute. The benefit founded in 1948 by publicist Eleanor Lambert was to encourage donations for the Costume Institute. It's the only curatorial department at the Met that has to finance its own activities. Since 2005, it's held on first Monday in May. The purpose of the Met Gala is to celebrate the fashion industry. It is about the history, the present, and future. Be it a designer, themed inspiration or the technical process of creation, all exhibits are curated to perfection.

### EARLY YEARS

From 1948 to 1971, the benefit wasn't pegged to an exhibition, and was held off-site at the Waldorf Astoria or the Rainbow Room. Guests indulged in fine dining and were entertained by "skits, raffles, and pageants of models in historic costume" according to the museum's records. Former Vogue editor Diana Vreeland brought new glamour to the Costume Institute when she joined as a consultant in 1972. She also introduced themes.

### ENTER ANNA WINTOUR

Anna Wintour, American Vogue's current editor, shifted the focus to celebrities when she took over as chairwoman in 1995, recruiting A-list honorary and co-chairs (including Beyoncé, Taylor Swift, Sarah Jessica Parker) and inviting everyone from Lil' Kim to Kim Kardashian to attract more attention to the event. "Ms. Wintour has used an intimate understanding of fashion, and of her own role in that universe, to trans-

### NATASHA POONAWALA

Socialite and entrepreneur Poonawala gave the sari its first Met outing in a Sabyasachi sari and a Schiaparelli corset

### RIHANNA

This 2015 dress was handmade by Guo Pei and took two years to complete. The dress had a 16-foot train and weighed over 4 kgs

### CLAIRE DANES

This 2016 Zac Posen gown had 30 mini battery packs sewn into the gown's understructure that allowed the gown to light up

form a dowager social event into a frenzied red-carpet romp that now surpasses, at least in terms of frocks, the Oscars," former New York Times fashion critic Cathy Horyn wrote in 2006.

### THE GUEST LIST

The gala's biggest names are A-list models, musicians and actors, though occasionally a megawatt outsider will get pulled into its orbit. Filling the rest of the seats is anyone who wants to shell for a ticket. Tickets go for approximately Rs 23 lakh, while tables cost over Rs 2 crore.

### THE SAREE AT THE MET

Socialite Natasha Poonawala firmly put the saree on the global red carpet at Met 2022 by donning a Sabyasachi tulle creation with Schiaparelli (an Italian fashion brand) hand-moulded corset. The saree look was widely appreciated and interpreted the theme — "the gilded age" — successfully. The theme that references to the Gilded Age of the late 19th

century America, when the country saw great opulence,

### KIM KARDASHIAN

This year, she walked in Marilyn Monroe's 60-year-old dress. It was so delicate that she only wore it for 15-minutes on the red carpet

### A\$AP ROCKY

His 2021 Met Gala was actually made out of a quilt that someone's great-grandmother donated to a thrift store

## EMOTIONAL EATING VS MINDFUL EATING

MENTAL HEALTH

Knowing the difference between the two types of eating is necessary as it could be your answer to everything ranging from weight loss to gut health, immunity, moods, relationships with food, fear, anxiety and so much more.

### MINDFUL EATING

Mindful eating happens when your body is truly physically hungry. It occurs when the body gives us biofeedback of being in a state of hunger and demands clean fuel (here nutrition). In mindful eating, we are 100% concentrated on the act of eating and have all of our senses involved (eyes, touch, smell, sound, taste).

### EMOTIONAL EATING

On the other hand, emotional eating is more of a numbing/ coping mechanism we adopt in order to deal with an emotion, which is

mainly negative. While positive emotions — like extreme joy or happiness too can result in eating, it is not as harmful what happens when you are experiencing a negative emotion.

### HOW TO AVOID EMOTIONAL EATING

1 **Improve your relationship with food:** Food is nourishment. Eat it to power the trillions

### WHICH ONE IS BETTER?

In mindful eating, one finds a healthy and balanced meal satisfying and fulfilling, whereas, in emotional eating, a bag of chips or a chocolate bar sounds more inviting. There is only a certain type of food one craves for during emotional eating and these foods are often unhealthy.

When one mindfully eats, it is easier for the person to stop when they start to feel full, hence portions are controlled. Whereas in emotional eating one cannot identify signs of fullness or satiety, so one can overeat.



SELF-CARE

## Heard of Skin Fasting?

AND WHY YOU CAN GIVE IT A SHOT

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Nutritionally, fasting has emerged as detox tour de force — it was only a matter of time before the concept crept in to skincare.

Skin fasting is a period of time when you give your skin a breather from any products — but different experts have different interpretations. Dermatologist Dr Shefali Trasi Nerurkar suggests taking a break from any chemicals in the form of moisturisers, cleansers, toners, night creams and of course, make-up for a day. While dermatologist Dr Pallavi Sule advises doing away with application of one of the skincare products (her pick is a night cream) for one or two nights. Mumbai-based dermatologist Dr Soma Sarkar, how-

ever, debunks detox completely as it doesn't hold any science behind it. Yet skin fasting is catching.

### FAST AND FURIOUS

Experts can see some merit in giving the skin a breather from products. Sule mentions how going off one product for a day or two can help the skin recover from the weakened process of production of natural oils. She adds, "It can work as a way to detox but the skin does not need detox from 'all' products. Different skin types have different skincare needs. For instance, dry skin will need a moisturiser. Plus skin changes its needs according to seasons."

A good way to ease in to this fasting routine is to do away with products that do not suit you that season. The concept was started by Koko

### GOOD TO KNOW

- Duration depends on skin type and season
- Ideal time is once in 1-2 months. Or even one day in a week
- Go off all or some products depending on your skin type
- Drink lots of water, fresh juices and don't step out in the sun
- If you have dry skin, try partial skin fasting and use coconut oil

### READY RECKONER

- **What is it?** A technique where you avoid every kind of skincare product like lotion, toner, etc
- **How do you do it?** Stop using products for a certain duration and slowly re-introduce them
- **What are the benefits?** It strengthens your skin and helps it develop its own fighting mechanism
- **Cautions?** If you have a skin condition or use products, ask your physician first

Hayashi, founder of a US beauty brand Mirai Clinical that aims to bring in Japanese ideas of beauty to the western world. He claims that the Japanese have studied the skin's regeneration on a monthly basis and proved that 'skin fasting' improves your skin's condition and detoxify skin impurities. Even though Hayashi's claims don't find any scientific backing, many are ready to give it a whirl.

Sule suggests seeking advice from your dermatologist to know the right course for you.



## MOTHERS HAVE ALWAYS BEEN HONOURED

While the modern-day Mother's Day is an institutionalised day, traditionally, all cultures have honoured the mother figure. The Phrygians held a festival for Cybele, the Great Mother of the Gods, as did the Greeks for the goddess Rhea. She was the wife of Cronus and was believed to be the mother of many deities. Likewise, in 250 BC ancient Romans celebrated a spring festival called, Hilaria, dedicated to mother goddess Cybele, on the Ides of March (March 15). Her followers would make offerings at the temple, hold parades, play games and also have masquerades. It lasted three days. In the 1600's England, Mothering Sunday took place on the 4th Sunday of Lent. It began with a prayer service in honour of the Virgin Mary. Afterwards children would present their moms with flowers. Closer home, India too has a robust tradition of a mothers' festival – the 10-day

Durga Puja that celebrates the Mother goddess Durga and her many avatars.

## ANTI-WAR MOVEMENT

The idea of Mother's Day started in the United States after the American Civil war. Social activist Julia Ward Howe was horrified by the carnage of the Civil War and the Franco-Prussian War. In 1870, she tried to issue a manifesto for peace at interna-

tional peace conferences in London and Paris (it was much like the later Mother's Day Peace Proclamation). In 1872, she went to London to promote an

international Woman's Peace Congress. She began promoting the idea of a "Mother's Day for Peace" to be celebrated on June 2, honouring peace, motherhood and womanhood.

## OFFICIALLY CREATED IN 1914

While Howe was the first one to float the idea in 1872, it wasn't until 1914 that the day was given an official status. Credit goes to American activist Anna Jarvis – who is known as the founder of the modern-day Mother's Day. She strove for seven years from 1907 onwards to institutionalise day as a national holiday. Jarvis wanted to set aside a day to honour all mothers because she believed a mother is "the person who has done more for you than anyone in the world". In 1908, the US Congress rejected a proposal to make Mother's Day an official holiday, joking that they would also have to proclaim a "Mother-in-law's Day". But Jarvis stuck to her guns and by 1911 all US states observed the holiday. In 1914, president Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday.

## THE OFFICIAL FLOWER

Carnations are the official flowers of the Day.

## MOMS ARE SLEEP-DEPRIVED

On the occasion of International Mother's Day, baby and child mattress specialist Beddy by Century Mattress and Momprespresso – an online moms' community conducted an all-India survey to learn about the changes in new moms' sleeping patterns and the impact it has on their daily lives. Carried out in four major cities (Mumbai, Delhi, Bangalore, Hyderabad), the survey found that 64% of new mothers are sleep deprived, meaning they get less than the recommended amount of sleep. Thirty-one per cent of mothers in Mumbai and Hyderabad report being unable to perform their daily duties due to a lack of sleep.

Carnations, it is believed, are made from the tears of Mother Mary when she wept at Jesus' feet the day he was crucified. Jarvis started the practice of wearing a carnation – her mother's favourite flower – to honour mothers. Traditionally, red or pink carnations are a nice gift to celebrate your mom, while white carnations can be used to honour a mother who has passed away. The carnation generally symbolises love, with many of its colour having different meanings. For instance, red means deep love and admiration; white, purity and good luck; and yellow, friendship.

## THE BEST GIFT?

A new poll asked people how they show their appreciation toward the women in their lives who are mothers and found that three in five believe every day should be Mother's Day. A whopping 86 per cent of respondents say these women are the most hardworking people they know, but 69 per cent agree that moms don't get enough credit for all that they do. The survey found that those who always pamper their moms with presents prioritise shopping every year to find the perfect gift (84%). The main reason is that they love seeing their mom's face light up after opening a present (82%).

The top presents people prefer getting their moms are personalised items like photo frames or blankets (37%), edible gifts like chocolate or fruit arrangements (36%), or household niceties like a new TV or wine glasses (36%). As for moms, nearly 82 per cent said that they

## QUICK FACTS

- Mother's Day is the third highest selling holiday for flowers and plants. After Christmas and Hanukkah, more people buy flowers and plants for their moms on Mother's Day than any other holiday. Around approximately one quarter of all the flowers purchased throughout the year are bought for Mother's Day
- One of the earliest Mother's Day celebrations was in Ancient Greece. The Greeks would have spring celebrations in honour of Rhea, the goddess of fertility, motherhood, and generation
- More calls are made on Mother's Day than any other day of the year. In the United States alone, around 122 million phone calls are made to moms on Mother's Day
- Approximately \$14 billion dollars is spent on Mother's Day. Common Mother's Day gifts include: cards, flowers, meals in restaurants, jewellery, gift cards, clothing, trips to a spa, books, CDs, housewares and even gardening tools

expect a gift from their significant other and/or kids. But what they want, the survey reveals, changes according to their personality and preferences. The fastest gift is to pick something that closely matches your mother's tastes. For instance, a foodie mom would prefer edible gifts or restaurant outing. But most said yes to homemade and household gifts, in the survey. Still, 88 per cent of moms say no matter what their kids and/or significant other get them for Mother's Day, they always value the thought behind the gift more than the gift itself. A Lending Tree survey found that a card (36%), followed closely by quality time (32%) were the two top gifts moms wanted this year.

A UK 2021 survey by Canvaspop found that what moms really want this year is updated family photos. Mothers surveyed estimated that they're in less than 45% of the portraits displayed in their home with immediate family

# TO MOM, WITH LOVE

## FAMOUS PEOPLE ON THEIR MOMS

### KATE HUDSON, actor

"I am proud of [being my mother's daughter]! ... I really look at that as a real blessing because the relationship between mother and daughter is very complex and to be able to talk about the importance of the relationship is something that I look forward to. It really informed such a huge part of who I am and the confidence that I have as a woman. It does come from the closeness that I have with mommy."

### ASSOCIATED PRESS

### DRAKE, singer

"My mother is an incredible woman. She never necessarily implemented anything. She's always just told me, 'You know, whatever you want to do, whatever you end up being, I'll always love you. I'll always support you.'"

### THE HOLLYWOOD REPORTER

### LUPITA NYONG'O, actor

"My mother taught me that there are more valuable ways to achieve beauty than just through your external features. She was focused on compassion and respect, and those are the things that ended up translating to me as beauty."

### GLAMOUR

### RUSSELL BRAND, actor/comedian

"To listen to people and to treat them well. That's something she does with every person she meets. My mum's had cancer three times, and she's always remained charmingly free of cynicism, very open to life, and wonderfully gentle while at the same time strong. Strength does not have to be belligerent and loud."

### REDBOOK

### WILLOW SMITH, actor

"Whenever I have a problem or something I feel like I can't figure out, I'm always like, 'What would mommy do? How would she approach this situation? What would Jada do?' So I just wanted to say I love you, Mom, so much."

### VH1's "DEAR MAMA"

### LEONARDO DICAPRIO, actor

"I wouldn't be doing any of this if it weren't for her, both my parents. She supported this little kid who said, 'I want to be an actor,' at 12 years, which is ridiculous, and she drove me to all these auditions... She's the only reason I'm able to do what I do."

### ACCESS HOLLYWOOD

### AISHWARYA RAI BACHCHAN, actor

"I'm not here to dictate to her or choose a life for her. I just want to see her happy, healthy and grow to be a secure person."

### VOGUE



## 5 New Things Science Says About Being a Mom

1 A study at the University of Illinois concluded that teenagers are safer drivers when their moms are with them.

2 It's long been believed that a mother who talks to her baby before it's born can help the child's development. Now a study at Brigham and Women's Hospital in Boston suggests that a mother's heartbeat and the sound of her voice can actually help the baby's brain grow.

3 Why is it that mothers always seem to be able to hear their babies cry before anyone else does? It appears to have to do with oxytocin, also known as the "cuddle hormone." Scientists at New York University say that as oxytocin surges in a mother's brain after childbirth, it actually changes

the way auditory signals are processed and makes her brain more sensitive to the sound of her baby's cries.

4 Young kids whose mothers talk to them about math at home, particularly during meals, tend to develop better math skills. A study at the University of Michigan and the Pontificia Universidad Catolica de Chile found that when moms did more than teach counting to their kids – say, they talked about measurements in recipes or counted money with them – those children generally developed math skills at a younger age.

5 Kids tend to have warmer feelings about mothers who respect their

autonomy and don't try to control them too much. So say researchers at the University of Missouri, who found, "that mothers who supported their children's autonomy were regarded more positively by their children than mothers who were highly directive."



**DID YOU KNOW?** The food associated with Mothering Sunday Simnel Cake – a fruitcake with a layer of almond paste covering the top and the middle. The cake is decorated with eleven balls of marzipan to represent the eleven disciples, minus Judas

## FIT MOM, FIT FAMILY

If a mother is inclined towards health, she can encourage the entire family towards the same. Healthy food from the kitchen and regular exercising are two very crucial pillars for family wellness...

Making time for a 1-2-hour long gym routine or going for group classes with strict timing slots seems impossible for most moms. As fitness professionals it's our duty to make people fit at any phase of their life.

On the occasion of Mother's Day, I am sharing some plug n play workouts for all busy moms that will enhance and maintain their fitness levels.

1 Morning 10 min Stretches: Nothing beats morning yoga. 100 marches/50 jumping jacks as warm up followed by a cobra, downward dog, cat and camel, plough pose, and supine bridges are good to go for 5-6 reps each with 5-15 sec hold.

2 School Bus Run: Many moms like to drop kids off at their bus stop. No matter how close the bus stand, you can always get ready in your sneakers and while coming back take a longer

route. Walk / jog / run as per your fitness level and liking. 15-20 min of jogging is a great way to keep belly fat away when you hit the 40s.

3 Office perks: Pre-lunch stair workout is my favourite when people ask if they don't have time for workout in the morning/evening. As per your fitness level, start walking 5-10 floors (up and down) and soon you will ditch the elevators I guarantee.

4 Home workout: If none of the above is possible, invest in a stationary bike/treadmill and spend 20-30 min daily (that can be 2 bouts of 15 min also). Another very effective and doable workout is sun salutations and should ideally be done in the mornings. Start slowly with good form holding each position for 2-5 sec and do a total of 6-10 reps. As you get stronger increase reps to 16-20.

— Gagan Arora, Reebok fitness trainer

## MAXIMISE MOMMY ENERGY

Borrow five simple life hacks from your child's daily roster to get an energy lift!

Don't be a picky eater: Playing champ round the clock is obviously tiring but there are more reasons for mothers feeling worn out way too often. They are probably missing out on really important nutrients like Vitamin B12 and Vitamin D. B12 anemia causes tiredness and fatigue. Mothers need to think of food as fuel and eat foods that are alive – green vegetables, seasonal fruits, milk. The natural sugar in fruits provides a quick pick-me-up when you're dragging. Nuts are a good source of magnesium which play a key role in converting sugar to energy.

1 Say no to junk: Lay off unhealthy, high-glycemic foods (think: cookies, cakes, and ice cream). While you

instantly feel an energy boost (and a sense of extreme satisfaction!) from eating these foods, you will realize they always end up making you feel more spent a couple of hours later.

2 Make some park time: Mothers need to get out more often. Short mindful breaks spent amongst nature can be very therapeutic for overworked nerves. Eliminate all unnecessary thoughts and just listen to yourself breathe for 60 seconds. Be in the moment, completely, with just one task at hand! Follow this by a good 30-min brisk walk.

3 Keep a pencil box: So many ideas, so little time. Maintain a journal. Every time you remember a chore or a must-do, make a note of it. Then further prioritize the errands. Plan the day's routine by listing the most tedious work at the start of the day as you are most energetic then and so on.

4 Fix a play date: Motherhood doesn't mean hibernation. Perhaps you need play dates as much as your lil one. The power of connection boosts mommy energy. It could be a phone call, a tweet or simply a lunch out with a friend.



**AN INCONVENIENT TRUTH (2006)**

An Oscar-winning documentary about the environment featuring the unlikely of movie stars. Former presidential candidate Al Gore holds this film together in front of an audience and with few aids beyond photo slides, where he explains how humans have messed up the planet. Gore issues an urgent warning on what must be done, and done quickly, to save the earth.

**THE DAY AFTER TOMORROW (2004)**

After climatologist Jack Hall (Dennis Quaid) is largely ignored by UN officials when presenting his environmental concerns, his research proves true when an enormous 'superstorm' develops, setting off catastrophic natural disasters throughout the world.

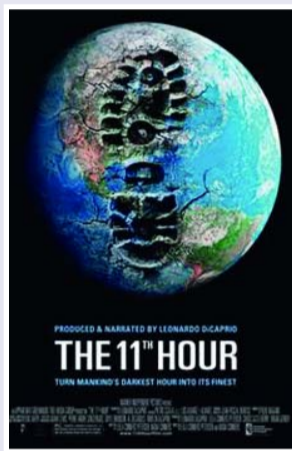
**BEFORE THE FLOOD (2016)**

If you could know the truth about the threat of climate change, would you act? 'Before the Flood', presented by 'National Geographic', features Leonardo DiCaprio on a journey as a UN messenger of peace, travelling to five continents and the Arctic to witness climate change firsthand. He goes on expeditions with scientists uncovering the reality of climate change and meets with political leaders fighting against inaction.

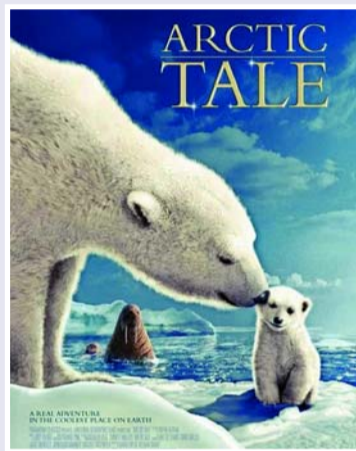


# Movies on CLIMATE CHANGE

**DO YOU FEEL THE HEAT? THERE'S NO DENYING THAT WE ARE HURTLING TOWARDS AN END-OF-THE-WORLD APOCALYPSE MOMENT IF WE DON'T ACT NOW TO SAVE THE EARTH. HERE ARE A FEW MOVIES – FICTION AND DOCUMENTARY – ON WHAT'S GOING ON, AND HOW TO PREVENT IT...**

**THE 11TH HOUR (2007)**

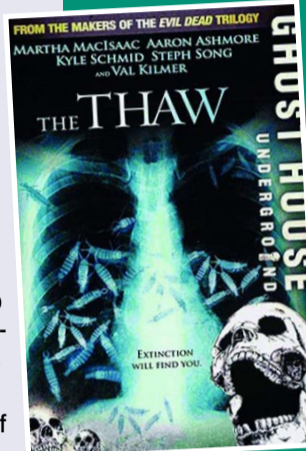
'The 11th hour' is considered the final moment when change is possible. Former Soviet leader (late) Mikhail Gorbachev, theoretical physicist (late) Stephen Hawking and former CIA director R. James Woolsey along with more than 50 other scientists, scholars, and leaders discuss pressing issues facing the world. Specialists reveal how human actions impact the Earth's ecosystems, and what can be done to reverse or slow the damage before it is too late to save the planet. Narrated by Leonardo DiCaprio.

**ARCTIC TALE (2007)**

Nanu, a polar bear cub, and Seela, a young walrus, live and grow to maturity in the frozen wilderness of the North, where the tundra has been a haven to their kind for countless generations. Now Nanu, Seela and the rest of the Arctic's wildlife experience the diminishment of their environment, as global warming literally melts the ice beneath them.

**CHASING CORAL (2017)**

Coral reefs around the world are vanishing at an unprecedented rate. Divers, photographers and scientists set out on an ocean adventure to discover why the reefs are disappearing and to reveal the underwater mystery to the world.

**THE THAW (2009)**

Four ecology research students discover the real terror of global warming in the Arctic – a prehistoric parasite frozen inside a mammoth. Now, it is up to them to stop a worldwide disaster.

**FIRST REFORMED (2017)**

The pastor of a small church in upstate New York lives a quiet life, which spirals out of control after a soul-shaking encounter with an unstable environmental activist and his pregnant wife.



# APARNA SHEWAKRAMANI ON BEING UNLIKEABLE

Lawyer-turned-author Aparna Shewakramani tells us why YOU are the best person to tell YOUR story...

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**F**iesty and full of courage, Aparna Shewakramani, a Houston-based lawyer shot to fame overnight when she appeared on the show 'Indian Matchmaking' in 2020. Instantly, branded as "too feisty" by matchmaker Sima Taparia, Shewakramani would go on to become a polarising figure around the world – A successful lawyer who wouldn't play into the stereotypes for the sake of meeting a perfect match. Her persona, and catchy phrases launched a thousand memes, however, it was only after show that Shewakramani realised that her story was not the one that was shown. And so, the lawyer turned author, penning 'She's Unlikeable: And Other Lies That Bring Women Down' to tell her side of the story, and why women, especially young girls, should have the courage to rise beyond being disliked, and the power of owning their story. Excerpts from an interview...

**Q: WHAT WERE SOME OF YOUR FAVOURITE BOOKS OR LITERARY CHARACTERS, AND WHAT DID THEY TEACH YOU?**  
I loved reading series of books about strong female friendships – from the 'Babysitters Club' to 'Mallory Towers'. These young women taught me about the power of friendships, community and supporting one another. I am still so close to so many of my childhood girlfriends and their friendships are priceless to me.

**Q: WHY DID YOU DECIDE TO TELL YOUR STORY?**  
The book was spurred on by the thousands of DMs I received weeks and months after 'Indian

Matchmaking' from women around the world asking one simple question, "But how did you become like this?" They saw me on the show but they wanted to know more about what shaped me as a woman. So this book is the answer to their collective question - these are the lessons of grit and fortitude, but also the moments of triumph, that made me who I am today.

**Q: THROUGH THIS BOOK, WHAT WOULD YOU LIKE TO TELL YOUNG GIRLS/WOMEN, WHO FACE PRESSURE TO BE AGREEABLE?**

I would tell younger readers, your own story matters and you deserve to tell it. Perhaps it won't be a book but it should be shared in your own bubble – whatsapp groups, school yards, work places and with friends. Reclaiming your own narrative is

**Q: AS SOMEONE WHO WENT TO HARVARD, WHAT'S YOUR TAKE ON HOW TO CHOOSE A CAREER FOR ONESELF.**

I went to one of the top universities in America, called Rice University, and majored in both anthropology and policy studies. I already had an inkling that I wanted to pursue a career in law, so I took the time I had in college to pursue both a major that was related to the legal world (policy studies) and then a major that was totally just sparked by my own interest in travel and diverse cultures (anthropology). I believe my well-rounded studies led me to enjoy my time at university and then face my continuing studies in graduate school with focus and intent for the career path I chose in law.



the ultimate power move.

**Q: ALSO, SO MANY OF US SEEK SOCIAL APPROVAL FROM PEERS BECAUSE THEY'RE AFRAID TO BE UNLIKEABLE. WHAT WOULD YOU WANT YOUR READER TO KNOW?**

I wish for them that they focus on the larger and more enriching story for themselves and not on likeability to the masses – a story of that a woman who stood her ground, spoke her truth and refused to settle. I would advise them to continue living life on their terms – outside of society pressures of what women need to do.

**Q: THE FACT THAT YOU WERE SEEN AS A POLARISING FIGURE SAYS SOMETHING ABOUT THE WAY INFORMATION IS FED, AND CAN EASILY BE MANIPULATED. HOW CAN ONE BE MORE MINDFUL IN THEIR CONSUMPTION OF SOCIAL MEDIA OR ENTERTAINMENT SHOWS ETC.**

In the book, I discuss my hope that people move forward in consuming media more responsibly. We should enjoy it for entertainment purposes but by no means take it as absolute truth. This stands true for social media, unscripted TV shows and even news outlets.



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# CALM WATER SLIDERS THAT THRILL

## KNOWING THE GAME

Canoeing is a water sport in which athletes propel small lightweight long boats to the finish line using paddles. The boats are pointed at both ends, and are usually open on top. Whichever boat's tip crosses the finish line first is declared the winner. Races may be held in singles, pairs or teams.

Athletes use all their physical strength to paddle in their attempt to reach the finish line in the fastest time possible. The idea is to use the torso to power the stroke, and the arms and shoulders to guide the paddle through the water. The lower body is used to keep the boat stable and to aid change in direction. In paddling, the upper body and lower body work independent of each other.

## CANOEING VS KAYAKING

Kayaking is often considered a part of canoeing in major sporting events. Kayaks are similar to canoes, and the difference is in the technique.

**Blades:** A canoe paddle has a single blade on one end, while a kayak paddle has blades at both ends.



**Sitting position:** In a canoe, the paddler either kneels on the bottom of the boat or sits on a raised seat. In a kayak, the paddler sits on a low seat with the legs extended forward.

In some regions of the world, kayaks are also refereed to as canoes. To make a distinction, the canoes came to be called Canadian canoes.

*Canoeing as a sport has been around for a long time. It requires an awesome combination of physical fitness, mental toughness and teamwork. It can be sublime yet thrilling as a sport*

## EVENTS

Race sprints of 200, 500 to 1000 metres are held in lanes, in still waters of at least 3 metres depth. Lanes are assigned depending on performance in heats.

Race marathons or long-distance races are held over open calm water and only end in lanes.

Slalom or whitewater races are held over river rapids. Competitors have to navigate through a winding course through a series of downstream or upstream gates in the fastest time possible. These are held over distances of at least 3 km. The speed of the water current has to be at least 2 metres per second.

Other sports include canoe polo and canoe surfing.

**Olympics:** Men - 500 metre and 1,000 metre races are held in Canadian canoeing, kayak singles and pairs. 1,000 metre races in kayak teams. Women: 500 metre races are held in kayak singles, pairs and team.

## EQUIPMENT

**Canoes:** The International Canoe Federation (ICF) has size and weight specifications for the boats according to the races. While the length varies from 4 metres to 11 metres, the weight ranges from 9 kg to 50 kg. Slalom and wild-water races have no weight restriction for the boats.



**Lifejacket:** These are essential to ensure the paddler remains floating, in the event of a capsizing.

**Helmet:** This is particularly important if the water is not calm and shallow.



## KEY TOURNAMENTS

ICF Canoe Sprint World Championships

Summer Olympics

ICF Canoe Slalom World Championships.

The World Championships

ICF Paracanoe World Championships

## FAMOUS CANOEISTS

(International)

Tuva'a Clifton

Jade Tierney

Saki Komatsu

Alex Santos

Paulina Paszek

(National)

Hitesh Kewat

Rahul Trilok Kewat

Dharmendra Verma

Anush Emoliya

Dada Peer

## ENVIRONMENTAL IMPACT

ICF recognises that climate change will increasingly lead to significant changes to the sport. It actively promotes and helps canoeists understand how their activities contribute to climate change and provide practical advice and support to help them reduce their impact. Canoeing causes no erosion, noise or pollution, and leaves no trace of its passing. Canoeing at appropriate water levels is an environmentally benign activity and causes no damage to fish stocks.

## HISTORY

In the 1860s John MacGregor, a Scottish lawyer, sportsman, traveller and philanthropist, developed canoeing as a recreation and sport. He designed sailing canoes with deck, a mast and sail as well as paddles. He travelled in them throughout Europe and West Asia to promote the sport.

In 1865-66 MacGregor founded the Canoe Club (the Royal Canoe Club from 1873). In 1936, the British Canoe Union became the governing body for all aspects of the sport in the United Kingdom. The New York Canoe Club was founded 1871 and American Canoe Association (ACA) in 1880. The Internationale Repräsentationsschaft des Kanusport was founded in 1924 and won men's canoeing a place in the Olympic Games in 1936. After World War II, the organisation was reconstituted as the International Canoe Federation in 1946. By 1948, women's canoe sprint events were introduced in the Olympics.

